



Connect to Greatness®, Inc. News &  
Updates  
Volume 44 November 2023

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**Women of Boys Chair Yoga with Khris**





Thank you to the Women of Boys' very own, Khris Ramella, who self-instructed the ladies on a series of chair yoga poses that were modified and safe for any age and fitness level that could easily be performed at work in a chair. Most importantly, Khris provided the ladies with a very important reminder to slow down and to just breathe. It was a much needed refreshing break after the hustle and bustle of the work day. Well done Khris!

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# Boys to Men Leadership Academy and Emotional Wellness





Thank you to our wellness Coach, Mr. Michael James, who facilitated a session with the Boys to Men Leadership Academy on the importance of maintaining emotional wellness. As it is not always easy to be an adolescent in today's society and to express how one feels, Mr. James was able to provide the boys with a safe space to open up and to share their emotions. Thank you Mr. James for facilitating such a thoughtful session. When these conversations become normalized, we create self-empowered, healthy humans!

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**Happy Thanksgiving!**



As we approach the Thanksgiving holiday, we would like to extend our gratitude to our community of investors, our C2G team, and the families and students that we so proudly serve everyday. We are truly blessed to

have your support and confidence as we do the work to create leaders and changemakers in the world! Thank you!

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Thank you for your support!



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